Dr. Drew Sinatra

Board-certified, practicing naturopathic physician Dr. Drew Sinatra develops nature-inspired formulas that promote total body wellness and balance

Clinically validated licorice extract and prebiotic fiber along with traditionally used aloe, ginger, and glutamine are combined in each packet to help support a healthy gut microbiome

Support your body with soothing Encourage growth of beneficial Reduce bloating and abdominal discomfort with GutGard

LIFEBIOME FREE-FROM GUARANTEE





















UNCONDITIONALLY **GUARANTEED** for purity and labeled potency. Store carton in a cool, dry place.

Gut Soothe provides soothing relief for digestive discomfort plus potent prebiotics to fuel the healthy bacteria in your gut.



- √ Non-habit-forming
- √ On-the-go convenience
- √ Tastes great warm or cold!

With Gut Soothe, you're just seconds away from tearing open a packet for soothing relief.1

> ON-THE-GO PACKETS!



Digestive Relief Complex[†]



PREBIOTIC FIBER FUELS THE **GUT MICROBIOME**

LICORICE EXTRACT SOOTHES STOMACH UPSET AND REDUCES BLOATING

GENTLE, PLANT-BASED INGREDIENTS SUPPORT SMOOTH DIGESTION

Dietary Supplement 15 Stick Packs NET WT 9 g (0.3 oz) ea. NET WT 135 g (4.8 oz)

Doctor's Suggested Use: Mix one stick pack into 8-10 fl. oz. of hot or cold water. More water may be added for your taste preference.

Supplement Facts

Serving Size: 1 Stick Pack (9 grams) Servings Per Container: 15

Amount Per Serving		% DV
Calories	10	
Total Carbohydrates	4 g	1%‡
Glutamine (from fermentation)	3 g	*
Prebiotic Xylooligosaccharide (PreticX®)	2.5 g	*
Deglycyrrhizinated Licorice Extract (Glycyrrhiza glabra, root) (GutGard®)	150 mg	*
Aloe Vera Extract (Aloe barbadensis, inner leaf gel)	100 mg	*
Ginger Extract (Zingiber officinale, rhizome)	50 mg	*

Other ingredients: Malic acid, natural flavor, organic tapioca maltodextrin, silica, stevia leaf extract

Distributed by Healthy Directions, Bethesda, MD 20817 www.healthydirections.com

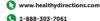
Precautions: Consult a health care practitioner if you are pregnant or nursing, have a serious medical condition, or use any medications.

Keep out of reach of children.

PreticX® is a trademark of AIDP. Inc.

GutGard® is a trademark of Natural Remedies PVT LTD

Due to the nature of these ingredients, color variation may occur. This package is sold by weight and not by volume.



Lot No. / Exp. Date



SKU: DGS 02 B13000, 2020 R-1

soothe soothe

Digestive Relief Complex[†]

"Nature-inspired formulas to help your gut thrive"

Almost Out? Call 1-888-303-7061

or visit healthydirections.com

Choose

REFILL & SAVE

Get FREE Shipping Forever

Rip...pour...sip...Ahhhhh!

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.